

# ***Goals & Intentions***

***2023 WORKBOOK***



***by Girls Glow Up***

# 2022 Recap

## **Goals**

Now is the time to review last years goals & intentions. What were your goals for 2022?

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## **“word of the year”**

Did you choose a word for 2022? What was it and why? If you didn't choose a word last year, choose one now

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## **What worked?**

What did you enjoy most about 2022? What was your best memory? What did you learned about yourself?

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## **2022 No's**

What lessons did you learn in 2022? What are you releasing and leaving behind in 2022?

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# *Intentions* *for 2023*

What does a dream life in 2023 look like? What are the top 3 feelings you want to Feel this year?

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**What's your word for 2023?**

This is **VERY powerful**. Choosing a word for this year helps you manifest it into your life.

**What new habits are your brining into 2023?**

What are you going to look forward every day/week?

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# ***GOAL SETTING TIME!***

***PERSONAL***

***HEALTH***

***FAMILY***

***RELATIONSHIPS***

***CAREER***

***LIFESTYLE***

# ***This is the time to book in anything you said***

Once it has been booked in, it's highly likely that you WILL do it.

## **M O N T L Y P L A N**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

**TO DO**

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**TO DO**

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# ***Bucket List*** ***for 2023***

**WHAT OR WHO WOULD YOU LIKE TO SEE IN 2023?**

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**WHAT WOULD YOU LOVE TO EXPERIENCE IN 2023?**

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**WHAT WOULD YOU LOVE TO LEARN IN 2023?**

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**WHO WOULD YOU LIKE TO MEET IN 2023?**

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# HABIT TRACKER

HABIT	CHECKLIST
	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
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***I hope  
2023 is  
Good to  
you*** ✨ ✨ ✨

***Girls Glow Up***